



## DAY PACK - SUGGESTED CONTENTS

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This list is all inclusive. It is meant for those backpackers who leave their base camp and go day hiking quite some distance from their cars and from civilization.

Note: The farther you are from your car and home, the more of the things on the list you must carry. The closer to your car and home, the more you can leave out. Remember that sometimes we use a day pack in the middle of a backpacking trip far from home. This list really covers the worst case of day hiking on a backpacking trip, when you are the farthest from home and/or help. Adjust as needed for trips closer to the car or home.

When using this list for a local day hike, use it as a reminder for things you might want to include in your pack - dependant upon the type and length of the hike, and the expected weather for the hike.

### Day pack should comfortably carry:

Camera and Film in Ziploc ® bag  
Chapstick ® -or- Blistex ® -or- ?  
Compass  
Disposable towelettes  
Flagging Tape (1 roll)  
Flashlight with spare batteries and bulb  
Garbage bag (pick up other people's junk)  
Insect repellent  
Lawn and leaf bag  
Lunch and snacks / GORP  
Map and/or Trail Guidebook  
Matches (waterproof); and fire starter (cotton lint, -or- stove heat tab, -or- cotton balls rolled in petroleum jelly and stored in a film container)  
Mirror (sighting mirror preferred)  
Nature Guidebook/s  
Poncho (large) -or- 5x7 lightweight nylon tarp (can be shelter, stretcher, -or- sleep wrap)  
Pen / pencil and pad  
Pocket knife (small Swiss Army w/scissors & tweezers)  
Sun glasses  
Sun screen  
Toilet paper and trowel  
Water Filter -or- tablets (treatment and neutralizing, 2 bottles)  
Water (Minimum 4 liters if no water source is available on hike [running out of water will hurt you long before a lack of food is a problem.] )  
Whistle  
Ziploc ® bags for garbage and to protect 'stuff'

It's like a check list, so that you don't forget something that is important on the particular day hike in which you are participating.

You may skip items on the list if you like, but it is up to you to be prepared for all eventualities that might occur on the day of your hike.

Whether on a day hike, backpacking trip, or maintenance trip, there is always a chance for a mishap. How well, or how badly, you fare with a sprained ankle or other problem depends upon the things you carry, or do not carry, when you are away from camp. You may be miles from camp. **You are your own responsibility !!!!!**

The inclusion of brand names is for example purposes only, and is NOT an endorsement of any product.

### First Aid Kit

2 x 4-inch self-stick bandages  
Ace bandage  
Anacin ® -or- Ibuprofen ® -or- Tylenol ® -or- Nuprin ® -or- ?  
Band-Aids ®  
Dental floss (shoe lace, other repairs)  
First aid cream, bacitracin, -or- whatever you're NOT allergic to  
Roll of 2-inch gauze  
Moleskin ®  
Needle (hole size to fit dental floss)  
Paper adhesive tape  
Personal medicines  
Safety pin -or- diaper pin  
Soap (small amount)  
Sting Eze ® -or- After Bite ® -or- ?

### Suitable clothing for the season:

Appropriate footwear  
Belt (flexible, not stiff)  
Head protection (sun, insects, rain)  
Kerchief (is towel, bandage, bandana)  
No jeans !  
Rain gear (jacket, trousers, head gear [jacket serves as windbreaker])  
Sweater -or- shirt (fleece -or- wool)  
Wicking underwear  
To keep dirt out of boots and help protect against ticks, wear gaiters, -or- tuck trousers into socks

**Extra:**

Glasses, or contacts & solution

Meal (in case you don't make it back in time for supper, or even breakfast)

Socks (inner & outer)

25¢, 10¢, 10¢, and 5¢ enough for four phone calls

And YES, you can take a cell phone -or- GPS, use it for emergencies (otherwise keep them in your pack, turned OFF !).

**For a Maintenance Trip:**

Appropriate tools, safety glasses, boots not sneakers, gaiters, long trousers, gloves (leather = dry weather |cotton stippled = wet weather)

For further first aid information refer to the TATC Education Handouts titled: "FIRST AID - AN INTRODUCTION," and "FIRST AID KIT," and the paragraph "Suggested Activity Leader's First Aid Kit," in the TATC Education Handout titled: "ACTIVITY LEADER POCKET GUIDE."

**Add Other Desired Items:**





<b>Pack it in - Pack it out !</b>	<b>Take what you need.</b>	<b>Return Safe !</b>
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